

|  |
| --- |
| **User Guide**  **Version 4.0.0** |

Table of Contents

[About 3](#_Toc420058192)

[Application 3](#_Toc420058193)

[License 3](#_Toc420058194)

[The Pomodoro Technique®’s rules\* vs mAP 4](#_Toc420058195)

[Scrum’s principles\* vs mAP 5](#_Toc420058196)

[Configuration 5](#_Toc420058197)

[MySQL configuration 6](#_Toc420058198)

[Logger configuration 7](#_Toc420058199)

[Google Drive configuration 7](#_Toc420058200)

[mAP configuration 7](#_Toc420058201)

[How to set the preferences 7](#_Toc420058202)

[Getting Started 9](#_Toc420058203)

[One day in an Agile Pomodoro Technician’s life 9](#_Toc420058204)

[New task 10](#_Toc420058205)

[How to create tasks (5 ways) 10](#_Toc420058206)

[How to create subtasks (3 ways) 10](#_Toc420058207)

[How to use the Create panel 10](#_Toc420058208)

[Activity List / Backlog 11](#_Toc420058209)

[How to read the main and sub-tables 11](#_Toc420058210)

[How to use the quick toolbar (main table) 11](#_Toc420058211)

[How to use the quick toolbar (sub-table) 11](#_Toc420058212)

[How to use a task as template 12](#_Toc420058213)

[How to edit a task 12](#_Toc420058214)

[How to export data 12](#_Toc420058215)

[How to import data 13](#_Toc420058216)

[ToDo List / Iteration Backlog 13](#_Toc420058217)

[How to read the main and sub-table 13](#_Toc420058218)

[How to prioritize tasks 13](#_Toc420058219)

[How to use the quick toolbar (main table) 14](#_Toc420058220)

[How to use the quick toolbar (sub-table) 14](#_Toc420058221)

[How to use the timer 14](#_Toc420058222)

[How to use the timer’s toolbar 15](#_Toc420058223)

[How to work with the timer 15](#_Toc420058224)

[How to merge tasks 16](#_Toc420058225)

[How to handle interruptions 16](#_Toc420058226)

[How to customize sounds 17](#_Toc420058227)

[Report List / Release Backlog 17](#_Toc420058228)

[How to read the main table’s header 17](#_Toc420058229)

[How to read the main and sub-tables 17](#_Toc420058230)

[How to use the quick toolbar (main table) 18](#_Toc420058231)

[Burndown / Burn-up Chart 18](#_Toc420058232)

[How to create charts 18](#_Toc420058233)

[Keyboard shortcuts 19](#_Toc420058234)

[Annex 21](#_Toc420058235)

[Themes 21](#_Toc420058236)

[Libraries 21](#_Toc420058237)

# About

myAgilePomodoro (mAP) is a micro and macro time management software based upon Agile's best practices and the time management technique called the Pomodoro Technique®.

To make the most of mAP it is recommended to have knowledge of the Pomodoro Technique® (v1.3 and above) and Agile’s most common practices and artifacts (backlog management, iteration, story points...). Furthermore, mAP is "Agile methodology agnostic": to a certain extent, Scrum, RUP, XP… and even Kaban projects can be managed with mAP.

Originally called "myPomodoro", Phil Karoo took over the project starting with version 1.0.

# Application

mAP is a Java 6+, 32/64-bit, utf-8, multilingual, skinnable, standalone and portable application (no installer).

pomodoro16.png mAP supports utf-8 providing the font "Arial Unicode MS" is installed (usually bundled with Microsoft Windows, Office and Apple MAC OS X; see [Unicode ranges](http://www.microsoft.com/typography/fonts/font.aspx?FMID=1081) for language support). Otherwise, the system’s default font is used.

# License

mAP is a free open-source software, licensed under the [GNU General Public License version 3.0](http://www.gnu.org/licenses/gpl-3.0.txt) (GPLv3).  
All documentation and images are licensed under a [Creative Commons Attribution Non-commercial license](http://creativecommons.org/licenses/by-nc/4.0/).

pomodoro16.png Terminology: mAP uses the word "task" for all items regardless of their type.

# The Pomodoro Technique®’s rules\* vs mAP

\* as per the official book of the Pomodoro Technique®.

Although mAP can be used to strictly follow the rules, it is flexible in many ways.

Features "not compatible" with the Pomodoro Technique® are highlighted in orange.

|  |  |
| --- | --- |
| **Rule** | **mAP** |
| A Pomodoro Consists of 25 minutes Plus a Five-Minute Break | Configurable in **Preferences**.  mAP allows shortening / lengthening / pausing pomodoros and short breaks.  mAP allows stopping automatically the timer at the end of pomodoros using the timer’s workflow interruption button. |
| After Every Four Pomodoros Comes a 15-30 Minute Break | Configurable in **Preferences**.  mAP allows shortening / lengthening / pausing long breaks.  mAP allows restarting a Set after stopping the timer. |
| The Pomodoro Is Indivisible. There are no half or quarter Pomodoros. | mAP allows shortening pomodoros. |
| If a Pomodoro Begins, It Has to Ring:   * If a Pomodoro is interrupted definitively – i.e. the interruption isn’t handled – it’s considered void, never begun, and it can’t be recorded with an X. * If an activity is completed once a Pomodoro has already begun, continue reviewing the same activity until the Pomodoro rings. | Ringing and ticking sounds are customizable (see **How to customize sounds**) and possible to disable in **Preferences** or using the timer’s mute button.   * mAP allows creating unplanned tasks and subtasks nonetheless. * mAP allows shortening pomodoros. |
| Protect the Pomodoro. Inform effectively, negotiate quickly to reschedule the interruption, call back the person who interrupted you as agreed. | mAP allows creating unplanned tasks and subtasks at any time and internal and external interruption tasks and subtasks during pomodoros. |
| If It Lasts More Than 5-7 Pomodoros, Break It Down. Complex activities should be divided into several activities. | mAP allows duplicating tasks. |
| If It Lasts Less Than One Pomodoro, Add It Up. Simple tasks can be combined. | mAP allows merging tasks.  mAP allows starting tasks with no estimation (0 pomodoro). |
| Results Are Achieved Pomodoro after Pomodoro. | mAP measures accuracy and analyses errors (diff).  mAP allows creating burn-up and burndown charts. |
| The Next Pomodoro Will Go Better. | Just stick to mAP ;-) |

# Scrum’s principles\* vs mAP

\* practices, artifacts, indicators...

|  |  |
| --- | --- |
| **Principle** | **mAP** |
| Backlogs | mAP allows [ordering](https://www.scrumalliance.org/community/articles/2011/august/it%E2%80%99s-ordered-%E2%80%94-not-prioritized!) the **Backlog** (Product Backlog), prioritizing the **Iteration Backlog** (Sprint Backlog) and managing the **Release Backlog** that contains all the Release Backlogs of the product. |
| Meetings | mAP may be used to monitor Sprint planning, daily Scrum, Sprint review and Sprint retrospective meetings with the Pomodoro Technique® (having pauses during meetings is not a bad idea).  Simply create tasks with a made-up **type** and set the **estimate** (time boxing). In the preferences, set the **length** of the pomodoro that fits the meeting best. Revert the changes afterwards. |
| Items | mAP allows creating **tasks** and **subtasks** (items) with a set of pre-defined **types** (User Story, Epic…). For convenience, tasks with type "User Story" present a skeleton of story ("As a {role}, I can…"). |
| Sprints | mAP allows setting the **Iteration** number on the tasks (Sprint number).  mAP allows sprints with number 0 for project ramp-up, initial technical stories, spikes…  mAP allows moving tasks from the **Iteration Backlog** back to the **Backlog** (descoping)**.**  mAP allows moving ("completing") tasks from the **Iteration Backlog** (tasks In Progress) to the **Release Backlog** (Done)**.**  mAP allows re-opening tasks from the **Release Backlog** (tasks Done) back to the **Backlog** (tasks not Done Done).  mAP allows prioritizing tasks AND subtasks. |
| Indicators | mAP shows the sum of story points on the tasks of the backlogs. For convenience, it is named "Velocity” on the **Release Backlog** when tasks are selected. |
| Charts | mAP allows creating burn-up and burn-down such as the daily burn-down chart, the release burn-up charts… |

# Configuration

mAP allows two different usages:

* **Local database** (SQLite) (default): this is meant to be used by individuals. At first startup, mAP will create its own local database file (myagilepomodoro.db).
* **Remote database** (MySQL): this is meant to be used by co-located small to medium size teams (see **MySQL configuration**).

mAP allows two different modes:

* **Agile Mode** (default): Agile + Pomodoro modes.
* **Pomodoro Mode**: only knowledge of the Pomodoro Technique® is required to properly manage tasks and reports.

pomodoro16.png Decide first for the **usage** then for the **mode** (see **mAP configuration**).

## MySQL configuration

1. It is recommended to configure the server to support utf-8 characters. For that, utf-8 encoding must be enabled in MySQL’s my.ini file:

|  |
| --- |
| collation\_server=utf8\_unicode\_ci  character\_set\_server=utf8  skip-character-set-client-handshake |

1. Database <database name> must be created.
   * If the server is not meant to support utf-8 characters, the database <database name> may be configured to support utf-8 by itself. Refer to MySQL’s documentation.
2. A text file called "mysql.properties" must be added to the directory where mAP is located:

|  |
| --- |
| database=<database name>  host=<database server address / IP>:<port > (default port number: 3306)  user=<user name>  password=<password> (may be empty) |

Note: the account (user/password) must have the permission to create tables in the database <database name>.

1. Finally, mAP must be run once to automatically create the tables it needs in the database <database name>.

After the tables are created, each team member must also create her/his own properties file with her/his own credentials to connect to the database <database name>.

pomodoro16.png It is recommended to grant Write, Update and Delete permissions on table "Preferences" only to the person in charge of configuring the settings (steps 1 to 4). Likewise, granting Delete permission on table "Activities" to that person only may prevent lost of data.

## Logger configuration

At first startup, mAP will create an error log file (myAgilePomodoro.log). Most of the time, when an error happens, mAP will write the trace down into the file.

pomodoro16.png mAP must be given the privilege to read and write on the local file system.

## Google Drive configuration

To be able to export data to Google Drive, a text file called "google.properties" must be created in the directory where mAP is located:

|  |
| --- |
| clientid=<client ID>  clientsecret=<client secret>  redirecturi=<redirect URI>  (see https://developers.google.com/drive/web/about-auth) |

Example:

|  |
| --- |
| clientid=289346736832-fjowijfiowe09rqwrwyhrduffjsid.apps.googleusercontent.com  clientsecret=mVtt-Bq4y672MCoJk88fB900  redirecturi=urn:ietf:wg:oauth:2.0:oob |

At startup time, mAP will add the "Google Drive" format to the **File Format** field of the export form.

# mAP configuration

## How to set the preferences

File > Preferences

* Modes
  + **Agile Mode**: Agile + Pomodoro.

It is an Agile common practice for tasks to last two days at maximum so to set the max nb of pomodoros per task to 20 pomodoros of 25 minutes (**Max nb pom/task**).

* + **Pomodoro Mode**: Pomodoro only.

It is a Pomodoro common practice to set the max nb of pomodoros per task to 5 pomodoros of 25 minutes (**Max nb pom/task**).

* **Pomodoro length**: length of pomodoros (minutes). Used to set the timer.
* **Short break length**: length of short breaks (minutes). Used to set the timer.
* **Long break length**: length of long breaks (minutes). Used to set the timer.
* **Max nb pom/task**: maximum number of pomodoros per task. Used to prevent from creating tasks with too many pomodoros.
* **Max nb pom/day** (**Pomodoro** **Mode**): maximum number of pomodoros per day. Used to prevent from adding too many pomodoros to the **ToDo List** (the Pomodoro Technique® states that the "ToDo Today Sheet" is meant for one day of work at a time).
* **Nb pom/set**: number of pomodoros per set. Used to set the timer. Long breaks happen every set of pomodoros.
* Sounds
  + **Ticking**: enable/disable ticking. Used to set the timer. Ticking happens during pomodoros only.
  + **Ringing**: enable/disable ringing. Used to set the timer. Ringing happens at the end of pomodoros and the start of pomodoros after the break.
* **Language** (used to display messages and format dates and time)
  + Date:

English (United States): MMM dd yyyy (eg. Sep 06 2011)

Others: dd MMM yyyy (eg. 06 Sep 2011)

* + Time:

English: hh:mm a (eg. 04:35 PM)

Others: HH:mm (eg. 16:35)

* System Tray (appears for OS that support the System Tray feature only)
  + **System Tray**: enable/disable system tray icon.
  + **Pop-up message**: enable/disable system tray popup messages.
* Hours
  + **Plain Hours** (default): used to convert estimates (pomodoros + breaks, including last extra break) into time ("<hours> : <minutes>" or "<days>" if hours >= 24h).

|  |  |  |
| --- | --- | --- |
|  | **Example 1** | **Example 2** |
| Estimate | 2 pom | 4 pom |
| Nb pom/set | 4 pom | 4 pom |
| **Time** | *2 \* Pomodoro length*  *+*  *2 \* Short break length* | *4 \* Pomodoro length*  *+*  *3 \* Short break length*  *+*  *1 \* Long break length* |
| Pomodoro length | 25 min | 25 min |
| Short break length | 5 min | 5 min |
| Long break length | 20 min | 20 min |
| **Time** | 1 hour | 2 hours : 15 minutes |

* + **Effective Hours**: used to convert estimates (pomodoros) into time "<hours> : <minutes>" or "<days>" if hours >= 24h).

|  |  |  |
| --- | --- | --- |
|  | **Example 1** | **Example 2** |
| Estimate (pomodoros) | 2 pom | 4 pom |
| Nb pom/set | 4 pom | 4 pom |
| **Time** | *2 \* Pomodoro length* | *4 \* Pomodoro length* |
| Pomodoro length | 25 min | 25 min |
| **Time** | 50 minutes | 1 hour : 40 minutes |

* Window behavior management
  + **Always On Top**: set mAP to remain on top of others applications.
  + **Bring To Front**: set mAP to automatically come to the front of others applications when a pomodoro starts (ring), ends (ring) or a task finishes. Likely use case: mAP is minimized in the System tray or hidden in the background and the sound is muted.
* Themes: mAP‘s look and feel.

Press ENTER or the Save button to save.

# Getting Started

mAP makes the management of tasks a simple process. Only timing differs: Agile projects take weeks/months whereas the management of ToDo lists is often a matter of days.

## One day in an Agile Pomodoro Technician’s life

1. Open the **Preferences** panel and choose the mode of work: **Agile** or **Pomodoro**.
2. Open the **Create Panel** and create tasks. Tasks are automatically added to the **Activity List** / **Backlog**.
   * As tasks can be duplicated, tasks may be used as templates.
3. Order the **Activity List** / **Backlog** (also known as "Activity Inventory Sheet" in the Pomodoro Technique®).
   * Add subtasks (optional).
4. Move (>>) tasks to the **ToDo List** / **Iteration Backlog** (also known as "ToDo Today Sheet" in the Pomodoro Technique®). Write a comment (**Pomodoro Mode**) / story (**Agile Mode**).
5. Prioritize the **ToDo List** / **Iteration Backlog**. Remove (<<) tasks considered out of scope.
   * Prioritize subtasks.
6. Work on subtasks using (or not using) the timer / the Pomodoro Technique®.
7. Complete (**Pomodoro Mode**) / Set as "Done" (**Agile Mode**) tasks.
8. Make reports using the **Report List** / **Release Backlog** (also known as "Records Sheet" in the Pomodoro Technique®). Reopen tasks considered as not completed (**Pomodoro Mode**) / not "Done Done" (**Agile Mode**).
9. Create **Burndown/up charts**.

# createButton2.pngNew task

File > New Task

## How to create tasks (5 ways)

1. Use the Create panel.
2. Use the quick buttons (createcreate.png, duplicateduplicate.png, unplannedunplanned.png, interruptionsexternal.pnginternal.png ).
3. Use shortcuts (create, duplicate, unplanned, interruptions)
4. Create test data
   1. Data > Generate Test Data
5. Import data.

## How to create subtasks (3 ways)

1. Use the quick buttons (createcreate.png, duplicateduplicate.png, unplannedunplanned.png, interruptionsexternal.pnginternal.png ).
2. Use shortcuts (create, duplicate, unplanned, interruptions)
3. Create test data
   1. Data > Generate Test Data *with subtasks*

## How to use the Create panel

* **Date scheduled** (**Pomodoro Mode**): start date. This field is mandatory.
* **Title**: name of task. This field is mandatory.
* **Estimated Pomodoros**: estimated number of pomodoros.
* **Story Points** (**Agile Mode**)
* **Iteration** (**Agile Mode**)
* **Type**: type of task. This editable list is pre-filled with existing types. When creating / editing a task, the list is updated. Unused types are removed at start up time. The list is also pre-filled with some common Agile "types" such as "User Story" (**Agile Mode**).
* **Author**: name of the author. This editable list is pre-filled with existing authors. When creating / editing a task, the list updated. Unused authors are removed at start up time.
* **Place**: place where the task takes places. This editable list is pre-filled with existing places. When creating / editing a task, the list is updated. Unused places are removed at start up time.
* **Description**: description of the task in case the title isn’t self-explanatory. HTML 3.2 may be used.

Press ENTER in the Type text field or the Save button to save.

# createButton2.pngActivity List / Backlog

View > Activities / Backlog

## How to read the main and sub tables’ header

* (**Pomodoro Mode**) **U**: "✔" if the task is unplanned or is an interruption.
* (**Pomodoro Mode**) **Date**: start date. The date is strikenthrough when the task is overdue.
* **Title**: name of task. This column is editable.
* **Type**: type of task. This column is editable.
* **Estimated**: estimated (+ overestimated) pomodoros.
* (**Agile Mode**) (main table) **SP** (Story Points)
* (**Agile Mode**) (main table) **IT** (Iteration)

## How to use the toolbar (main table)

|  |  |  |  |
| --- | --- | --- | --- |
|  | Shortcut | Action | Condition |
| selected.png | **CTRL + G** | Scroll to the selected task(s) and selected subtask(s) if any. |  |
| duplicate.png | **CTRL + D** | Duplicate the selected task in the main table with "(D)" added to the title, overestimated and real pomodoros reset to 0 and date set to today. |  |
| create.png | **CTRL + T** | Create a task with default title "(N) New task", estimated pomodoro set to 0 and date set to today. |  |
| refresh.png |  | Update the list from the database. | **Remote database** |

## How to use the toolbar (sub-table)

|  |  |  |  |
| --- | --- | --- | --- |
|  | Shortcut | Action | Condition |
| duplicate.png | **CTRL + D** | See above. |  |
| create.png | **CTRL + T** | See above. |  |

## How to use a task as template

1. Select the task to use as template.
2. Press CTRL + D: a duplicate of the selected task is created at the end of the list. Keep pressing CTRL + D to create as many copies as necessary.

## How to edit a task

1. Select the task to edit.
2. (**Remote database**) refresh.png Update the list to make sure you have the latest version of the task.
3. Change the details:
   * In-line: Select a cell and edit the value (not all columns are editable).
   * "Edit" tab: edit the details. Press the Save button to save.

## How to export data

1. Select the tasks or subtasks to export.
2. Open the Export tab.

* **Header**: first row / header of the file (column names).
* **File name**: name of the export file. This field is mandatory (if this field is left empty, default name "myAgilePomodoro" is used; if this field contains some special characters not supported by the file system, the export will fail).
* **File format**: set of supported file formats. This field is mandatory.
* **Date pattern** (**CSV** and **Google Drive** file formats): sets of patterns for days, months and years. These fields are mandatory.

|  |  |  |
| --- | --- | --- |
| **Day** | D | 1 |
| dd | 01 |
| **Month** | M | 1 |
| MM | 01 |
| MMM | Jan |
| MMM | January |
| **Year** | yy | 01 |
| yyyy | 2001 |

Example: M/dd/yyyy 🡪 1/01/2001

* **Separator** (**CSV** and **Google Drive** file formats): set of pre-defined separators, plus an empty editable field (this must be a character, not a string). This field is mandatory (if this field is left empty or not a proper character, default separator "Comma" is used).

mAP creates a file with name "<*File name*>" and extension ".<*File format*>" in the directory where mAP is located.

pomodoro16.png Only raw text and line breaks are exported (no formatting).

waiting.jpg The export feature is one of the few features that use the waiting cursor (import, move, complete, prioritize, delete, test data…). Beware that none of these features will start if one of them is currently running.

## How to import data

As import and export files have the exact same format, to get started, simply export some dummy data. Then use the exported file as template. When importing, make sure to select the right **File format,** **Date pattern** and **Separator** for mAP to parse the import file.

 Tasks are imported in the main table. There is no way to import subtasks alongside tasks.

 Import from Google Drive hasn’t been implemented.

# createButton2.pngToDo List / Iteration Backlog

View > ToDos / Iteration

## How to read the main and sub tables’ header

* **Priority**: row number
* (**Pomodoro Mode**) **U**: "✔" if the task is unplanned or is an interruption.
* **Title**: name of task. This column is editable.
* **Estimated**: number of real / estimated (+ overestimated) pomodoros. This number can be decreased / increased as long as the task isn’t started (number of real pomodoros equals to 0).
* (**Agile Mode**) (main table) **SP** (Story Points)
* (**Agile Mode**) (main table) **IT** (Iteration)

## How to prioritize tasks

* Drag and drop task(s).
* Wait for the progress bar to be “Done”

## How to use the toolbar (main table)

|  |  |  |  |
| --- | --- | --- | --- |
|  | Shortcut | Action | Condition |
| start.png |  | Foldstart.png / Expandstart.png the toolbar. |  |
| selected.png | **CTRL + G** | Scroll to the selected task(s), and selected subtask(s) if any, or the running task and subtask if any (running.png). |  |
| plusone.png |  | Overestimate the selected task by one pomodoro. | The selected task must be finished or already overestimated, and has no subtasks. |
| unplanned.png | **CTRL + U** | Create an unplanned task with default title "(U) Unplanned", estimated pomodoro set to 0 and date set to today. |  |
| external.png | **CTRL +E** | Create an external interruption with default title "(E) External", estimated pomodoro set to 0 and date set to today. | Pomodoro running. |
| internal.png | **CTRL + I** | Create an internal interruption with default title "(I) Internal", estimated pomodoro set to 0 and date set to today. | Pomodoro running. |
| refresh.png |  | Update the list from the database. | **Remote database** |

## How to use the toolbar (sub-table)

|  |  |  |  |
| --- | --- | --- | --- |
|  | Shortcut | Action | Condition |
| start.png |  | See above. |  |
| duplicate.png | **CTRL + D** | Duplicate the selected subtask in the sub-table with "(D)" added to the title, overestimated and real pomodoros reset to 0 and date set to today. |  |
| plusone.png |  | See above. | The selected subtask must be finished or already overestimated |
| create.png | **CTRL + T** | Create a subtask with default title "(N) New subtask", estimated pomodoro set to 0 and date set to today. |  |
| unplanned.png | **CTRL + U** | See above. |  |
| external.png | **CTRL + E** | See above. | See above. |
| internal.png | **CTRL + I** | See above. | See above. |

## How to use the timer

|  |  |  |
| --- | --- | --- |
|  | Action | Condition |
| start.png | Start a pomodoro. | The selected task must not be finished and have no subtasks. |
| stop.png | Void a pomodoro or stop a break. | Timer must be running or paused. |
| pause.png | Pause a pomodoro or a break. | Timer must be running. |
| resume.png | Resume a pomodoro or a break. | Timer must be paused. |
| plus.png | Lengthen a pomodoro or a break. |  |
| timeminus.png | Shorten a pomodoro or a break. |  |

## How to use the timer’s toolbar

|  |  |  |
| --- | --- | --- |
|  | Action | Details |
| discontinuous.png | Set the timer to stop at the end of pomodoros (workflow interruption). | Pomodoros that follow must be started manually. |
| mute.png | Mute the ticking and the ringing. | Ringing happens at the end of pomodoros and the start of pomodoros right after the break. There is no ticking during breaks. |
| pin.png | Set mAP to remain on top of others applications. | This can also be used to temporarily disable the permanent setting “Always on top” in **Preferences**. |
| upsize.png | Resize the window. | This resizes the window as follows: max, timer, timer + list, original window set to previous size and location.  mAP will keep track of the button’s location and move the cursor accordingly. |

## How to work with the timer

1. Select a task.
2. Start the timer
   * If the selected task is finished 🡪 Step 1.
   * Or overestimate it 🡪 Step 2.

(**Remote database**) By the time, if the task has been changed by someone else, mAP will ask you to update the list (refresh.png).

1. Work on the task
   * If the selected task is voided 🡪 Step 1.
   * If you create an urgent internal or external interruption, stop the timer and process the urgent task 🡪 Step 1.

You may select a different task for the next pomodoro to come.

1. Wait for the timer to ring (end of pomodoro)
   * If the workflow has been discontinued 🡪 Step 2.

(**Remote database**) By the time, if the task has been changed by someone else, mAP will automatically update the task.

(**Remote database**) By the time, if the task has been finished by someone else, mAP will automatically overestimate the task by 1 to record the pomodoro.

1. Take a break
   * If the break is stopped 🡪 Step 1 or Step 2.
   * If working on a different task is needed 🡪 Step 1 then Step 6.
2. Wait for the timer to ring (end of break) 🡪 Step 3.
   * If the selected task is finished the timer stops by itself 🡪 Step 2.

(**Remote database**) By the time, if the task has been changed by someone else, mAP will automatically update the task.

pomodoro16.png As per the Pomodoro Technique®, icons are used to show pomodoros and interruptions:

* Pomodoro: square (not yet done)
* Real Pomodoro: squareCross (done)
* Internal interruption: quote
* External interruption: dash

Code colors are also used to show the status of the tasks:

* Black: not running
* Red: currently running
* Green: finished (all estimated and overestimated pomodoros done)

## How to merge tasks

1. Select the tasks or subtasks to merge (excluding currently running task / subtask).
2. Open the Merging tab, set the details of the new task / subtask and save.
3. As a result, the selected tasks / subtasks are deleted and the new task / subtask is added to the **ToDo List / Iteration Backlog** main table / sub-table.
   * Real, estimated and overestimated pomodoros are summed up.
   * Comments / Stories are aggregated with reference to their original task.
   * Subtasks are aggregated if any.

(**Pomodoro Mode**) If the start date of the new task isn’t today the new task is added to the **Activity List**.

pomodoro16.png (**Remote database**) If the user has no delete permission on table "Activities", although the selected task will disappear from the table it won’t be deleted from the database and will reappear at next start-up.

## How to handle interruptions

1. Select a task.
2. Start the timer.
3. Work on the task.
4. Whenever an interruption happens, create an interruption using the appropriate quick buttons, shortcuts (internal or external) or open the Unplanned / Interruption tab, set the details of the new task and save.
   * Type of task: internal interruption or external interruption.
   * **Date scheduled** (**Pomodoro Mode**): start date. If the task is urgent set the date to today. This field is mandatory.
5. If the interruption is urgent: void the pomodoro of the running task (stop the timer), select the interruption and start it straight away (no break).

pomodoro16.png (**Pomodoro Mode**) Unplanned tasks aren’t interruptions. They may be created at anytime and added to the **ToDo List** if the start date is today otherwise to the **Activity List**.

## How to customize sounds

* Ticking: create a .wav file called "ticking.wav" in the directory where mAP is located. Make it short as mAP will loop over it.
* Ringing: create a .wav file called "ringing.wav" in the directory where mAP is located. mAP will play it once at the end of the breaks and at the start of a pomodoro after a break.

# createButton2.pngReport List / Release Backlog

View > Reports / Done

## How to read the main table’s title

* **Report List / Release Backlog**: (number of selected tasks /) number of tasks.
* **Done**: number of real / estimated (+ overestimated) pomodoros (**Accuracy**: global success rate = *real / (estimated + overestimated) \* 100*. 100% means that all pomodoros have been done.)
* (**Agile Mode**) **SP** (Story Points) **/ Velocity**: sum of story points of all tasks / selected tasks.
* Toolbar

## How to read the main and sub tables’ header

* (**Pomodoro Mode**) **U**: "✔" if the task is unplanned or is an interruption.
* **Date**: date of completion.
* **Title**: name of task. This column is editable.
* **Type**: type of task.
* **Real**: number of real / estimated (+ overestimated) pomodoros.
* **D I** (Diff I): difference between the number of real and estimated pomodoros (Diff I = *real - estimated*).
* **D II** (Diff II): difference between the number of real and estimated and overestimated pomodoros (Diff II = *real -* *estimated - overestimated*). This value is displayed only if there are overestimated pomodoros.
* (**Agile Mode**) (main table) **SP** (Story Points)
* (**Agile Mode**) (main table) **IT** (Iteration)

## How to use the toolbar (main table)

|  |  |  |  |
| --- | --- | --- | --- |
|  | Shortcut | Action | Condition |
| selected.png | **CTRL + G** | Scroll to the selected task(s) and selected subtask(s) if any. |  |
| refresh.png |  | Update the list from the database. | **Remote database** |

# createButton2.pngBurndown / Burn-up Chart

View > Charts

## How to create charts

1. Choose **Burndown** or **Burn-up Chart**. One may select both, unless "Scope" is selected.
   * **Burndown Chart**:
     + Type: type of data (**Story Points**, **Pomodoros**…)
     + **%**: remaining data displayed in percentage of the initial / maximum value of the target line.
     + **Y-Legend**: legend on the left of the chart. May be empty.
     + **X-Legend**: legend on the bottom of the chart. May be empty.
     + **Color**: color of the chart. Press to change.
     + **Target**:
       - **X-Legend**: legend on the bottom of the chart. May be empty.
       - **Color**: color of the target line. Press to change.
   * **Burn-up Chart**:
     + Type: type of data (**Story Points**, **Pomodoros**…)
     + **%**: data (of completed tasks) displayed in percentage of the last / maximum value of the scope line.
     + **Y-Legend**: legend on the left of the chart (‘right’ if "Burndown Chart" is selected). May be empty.
     + **X-Legend**: legend on the bottom of the chart. May be empty.
     + **Color**: color of the chart. Press to change.
     + **Guide**:
       - **X-Legend**: legend on the bottom of the chart. May be empty.
       - **Color**: color of the guide line. Press to change.
     + **Scope**:
       - **X-Legend**: legend on the bottom of the chart. May be empty.
       - **Color**: color of the scope line. Press to change.
2. Configure the type of **Tasks** and the **Dimensions** of the chart.
   * **Tasks**
     + Type:
       - **Iteration Backlog + Release Backlog**: tasks of both backlogs.
       - **Release Backlog**: tasks of the **Report List** / **Release backlog** only. This excludes uncompleted tasks. This option is only relevant to **burndown** charts.
       - **Iteration**: tasks of a specific iteration.
     + **Dates**:
       - **Dates**: start and end dates as range for the X-axis of the chart.
       - **Exclusion**:
         * **Saturdays**, **Sundays** and specific days: excludes tasks completed on those days.
     + **Iterations** (**Agile Mode**):
       - **Iterations**: start and end iterations as range for the X-axis of the chart. Only for tasks of both **Iteration** and **Release backlogs** (see Type above).
   * **Dimension**: width and height of the image in pixel.
3. Check the list of tasks upon which data the chart(s) will be drawn. Tasks may be removed from the list (won’t be deleted from the database).
4. Create: the image can be saved (right click) to the local file system.

pomodoro16.png Each "bar" of the charts represents the value of the data "at the end" of the corresponding x-axis coordinate (day or iteration). Example for burndown chart: 413 story points remaining at the end of the 5th of May. Example for burn-up chart: 51 tasks completed / done by the end of the 5th of May.

# Keyboard shortcuts

* "File" and "View" menus shortcuts:
  + ESCAPE: exit mAP.
  + ALT + C: display the **Create** panel.
  + ALT + S: display the **Splash** screen.
  + ALT + P: display the **Preferences** panel.
  + ALT + A: display the **Activity List** / **Backlog** panel
  + ALT + T: display the **ToDo List** / **Iteration Backlog** panel
  + ALT + R: display the **Report List** / **Release Backlog** panel
  + ALT + B: display the **Charts** panel
* Preferences and Create panel shortcut:
  + ENTER: save the form.
* All **List** shortcuts:
  + ALT + M: maximize the window / show original window to previous size and location (see **ToDo List** / **Iteration** shortcuts for specifics).
  + CTRL + A: select all tasks.
  + CTRL + F: search task.
  + CTRL + <tab number> (starting from 1): open corresponding tab.
  + F2: edit the selected task’s title.
  + CTRL + G: scroll to the selected task(s) and selected subtask(s) if any (see **ToDo List** / **Iteration Backlog** shortcuts for specifics).
* **Activity List** / **Backlog** shortcuts:
  + CTRL + T: create a new task with default title "(N) New task", estimated pomodoro set to 0 and date set to today.
  + CTRL + D: create a duplicate of the selected task, and subtasks, with "(D)" added to the title, overestimated and real pomodoros reset to 0 and date set to today.
  + SHIFT + >: move selected tasks to **ToDo List** / **Iteration Backlog** (same as button ">>").
  + DEL: delete selected tasks (same as button "Delete").
* **ToDo List** / **Iteration Backlog** shortcuts:
  + ALT + M: maximize the window / show timer only / show timer and list / show original window to its previous size and location.
  + CTRL + U: create an unplanned task with default title "(U) Unplanned", estimated pomodoro set to 0 and date set to today (may not work when the **Comment / Story** panel is in **Editor** or **HTML** mode).
  + CTRL + I: create an internal interruption for the running task with default title "(I) Internal", estimated pomodoro set to 0 and date set to today (may not work when the **Comment / Story** panel is in **Editor** or **HTML** mode).
  + CTRL + E: create an external interruption for the running task with default title "(E) External", estimated pomodoro set to 0 and date set to today.
  + CTRL + G: scroll to the selected task(s), and selected subtask(s) if any, or the running task and subtask if any.
  + CTRL + D: create a duplicate of the selected task, and subtasks, in the **Activity List / Backlog** with "(D)" added to the title, overestimated and real pomodoros reset to 0, iteration removed and date set to today.
  + SHIFT + >: complete selected non-running tasks (same as button "Complete / Done").
  + SHIFT + <: move selected non-running tasks back to **Activity List** / **Backlog** (same as button "<<").
* **Report List** / **Release Backlog** shortcuts:
  + SHIFT + <: reopen / move selected tasks back to **Activity List** / **Backlog** with "(R)" added to the title (same as button "Reopen").
  + DEL: delete selected tasks (same as button "Delete").
* **Comment / Story** panel shortcuts:
  + **Preview**, **Editor** and **HTML** views
    - CTRL + A: select all text.
    - CTRL + S: save.
    - CTRL + C: copy selected text.
    - CTRL + V: paste without formatting any string content found in the clipboard.
  + **Preview** and **Editor** views
    - CTRL + B: turn selected text bold.
    - CTRL + I: turn selected text italic.
    - CTRL + U: underline selected text.
    - CTRL + L: insert unordered list at selected text’s position.
    - CTRL + O: insert ordered list at selected text’s position.
  + **Editor** view
    - CTRL + L: insert unordered list at caret position.
    - CTRL + O: insert ordered list at caret position.
    - CTRL + R: remove list item at caret position.

pomodoro16.png The action of some buttons (eg Save) may be triggered by shortcuts. In such case, the name or the combination of the keyboard keys appears in upper case when hovering over the button.

# Annex

## Themes

List of free Look and Feel themes used in mAP

* Java System and Cross platform themes
* Java Nimbus theme (if installed)
* NimROD
  + LGPL
  + http://nilogonzalez.es/nimrodlf/licencia-en.html
* JGoodies
  + BSD Open Source
  + http://www.jgoodies.com/freeware
* Pgs
  + Apache License 2.0
  + http://www.pagosoft.com/projects/pgslookandfeel
* Seaglass
  + Apache License 2.0
  + http://code.google.com/p/seaglass
* JTattoo
  + GPL3
  + http://www.jtattoo.net/License.html

## Libraries

Main free libraries used in mAP

* SwingX
* OpenCSV
* Apache POI
* Apache POI Open XML
* JFreeChart
* Joda Time
* Google Drive API
* JSoup